



## Langford Budville CofE Primary School

### Keeping Active!

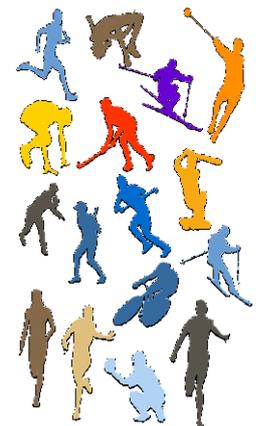


It is important for children to keep active.

In school we aim for 2 hours of PE every week. Alongside the other home learning activities that have been shared, try to find some time to keep moving!

#### Here are some ideas:

- 'Wake and Shake' routines: we have been creating routines this term; you know lots of different moves. Choose your own music or song and create your own moves – be prepared to share your routines when we are all back together in school.
- There are some great videos on YouTube (an adult should supervise you if you are using this platform). KS2 have used the Ludworth Wake and Shake video in school this term, but you will also have plenty of your own ideas.
- Invent a Game: Have fun using any equipment you have at home and invent your own game. Use skipping ropes, racquets, bean bags, tennis balls, hoops etc. Be ready to teach it to your friends when we return to school.
- Remember, simple games are often the best – think about scoring, numbers (pairs/small teams) or make the game a personal challenge. Can you write the instructions for your game – or draw a set of pictures to show how to play it.



#### Something new – Joe Wicks the body coach.

Joe has lots of workouts on his YouTube channel especially for children. It is important that you do the children's workouts as they are specifically designed for your growing bodies. You don't need any equipment, just a bit of space, and they are really easy to follow.

Don't forget, you can play in your garden and the park, go for walks in the countryside or ride your bike (or horse) as long as you stay safe.

**ENJOY AND HAVE FUN!**